

Please amend the claims as follows:

1. (Currently Amended) An exercise apparatus comprising:

a generally rectangular frame

having a head end,

a foot end,

a hinged left rail comprising

a front rail section,

a rear rail section having a foot end, and

a hinge connecting the front rail section to the rear rail section,

such that the left rail may be folded from an extended position

substantially parallel to a floor into an upright position where the

front rail section and the rear rail section are substantially vertical

and the foot end of the rear rail section remains in proximity to the

floor as the left rail is folded,

~~having a hinge positioned between a front section and a rear section, such~~

~~that the front section and the rear section may be folded, at the hinge, to~~

~~substantially vertical positions, and~~

a hinged right rail comprising

a front rail section,

a rear rail section having a foot end, and

a hinge connecting the front rail section to the rear rail section,

such that the right rail may be folded from an extended position

substantially parallel to a floor into an upright position where the

front rail section and the rear rail section are substantially vertical

and the foot end of the rear rail section remains in proximity to the

floor as the right rail is folded;

~~, parallel to the left rail, the right rail having a hinge positioned between a~~

~~front section and a rear section, such that the front section and the rear~~

~~section may be folded, at the hinge, to substantially vertical positions;~~

a movable carriage mounted on the frame, such that the carriage may be moved

along the left rail and right rail between the head and foot ends, the carriage

having a generally flat upper surface, a pair of spaced shoulder pads mounted to

said upper surface and a head rest;

a plurality of spring members having a first end connected to the underside of the

carriage and a second end connected to the foot end of the frame; and

a foot support assembly mounted to the frame near the foot end.

2. (Previously Presented) The exercise apparatus of claim 1 further comprising

an adjustable head rest, such that the head rest is adjustable to a first flat position;

a second inclined position and a third inclined position with respect to the carriage

mat.

3. (Previously Presented) The exercise apparatus of claim 1 further comprising
a Pilates long/short box ~~with partially open long wall surfaces~~, such that the box
may be interchangeably positioned
5 lengthwise on the carriage, in order to perform a first set of reformer
exercises;
crosswise on the carriage, in order to perform a second set of reformer
exercises; and
lengthwise across the carriage side rails at the head of the frame, in order
10 to perform chair exercises.
4. (Previously Presented) The exercise apparatus of claim 1 further comprising
an adjustable foot support assembly.
- 15 5. (Previously Presented) The exercise apparatus of claim 1 further comprising
a hinged headrest and shoulder pad assembly, such that the assembly may be
rotated away and downward from the carriage surface so that a conversion mat
may be positioned on the reformer frame in order to provide a flat work surface
for other exercises.
- 20 6. (Original) The exercise apparatus of claim 1 further comprising
a first pole section in proximity to the head of the left rail; and
a second pole section in proximity to the head of the right rail.
- 25 7. (Original) The exercise apparatus of claim 6 further comprising
a first pole extension section removably inserted in the first pole section; and
a second pole extension section removably inserted in the second pole section.
- 30 8. (Previously Presented) The exercise apparatus of claim 6 further comprising
a right adjustable and flexible pulley mechanism mounted on a right riser mounted
on the first pole section, the right pulley mechanism comprising
a pulley bracket support having a height adjustment means,
a pulley mount,
a pulley roller core, and
35 a flexible, articulating connection means between the pulley bracket
support and the pulley mount, such that the pulley bracket mount may
move relative to the pulley bracket support in order to reduce binding of
the pulley during operation; and
a left adjustable and flexible pulley mechanism mounted on a left riser mounted
40 on the second pole section, the ~~right left~~ pulley mechanism comprising.
a pulley bracket support having a height adjustment means,
a pulley mount,
a pulley roller core, and
45 a flexible, articulating connection means between the pulley bracket
support and the pulley mount, such that the pulley bracket mount may

move relative to the pulley bracket support in order to reduce binding of the pulley during operation.

- 5 9. (Original) The exercise apparatus of claim 8 wherein
the pulley roller core is interchangeable to accommodate either ropes or flat
straps.
- 10 10. (Original) The exercise apparatus of claim 8 wherein
the flexible connection means is selected from the group consisting of a cable, two
interlocking eyebolts, or one eyebolt interlocking with a mount integral to the
pulley bracket.
- 15 11. (Original) The exercise apparatus of claim 8 wherein
the pulley bracket is mounted on a riser such that the riser may be rotated from
a first position wherein the pulleys are positioned between the pole sections
and the carriage mat, so that the user may operate ropes or straps while in a
reformer mode,
to a second position wherein the bracket secures a box positioned on the rails
when the reformer is used in a chair mode, and
20 a third position wherein the bracket is rotated out of the way for storage when
the reformer is used in a pole system mode.
- 25 12. (Original) The exercise apparatus of claim 8 wherein
a riser is mounted on the pole section; and
the height adjustment means comprises a slot in the riser, such that the pulley
mount may be positioned at different heights in the slot.
- 30 13. (Original) The exercise apparatus of claim 1 further comprising
a spring adjustment mechanism, such that the first end of the spring members are
connected to a spring gear bar which may be placed in various positions in a
spring bar adjustment bracket attached to the carriage in order to adjust the
distance of the carriage from the foot end, such that the various positions set the
carriage at variable distances in relation to the foot bar, thereby enabling the
accommodation of different body types.
- 35 14. (Original) The exercise apparatus of claim 13 wherein
there are at least four carriage positions, such that three positions are Pilates one,
two, and three carriage positions, and a fourth position is a negative one position,
wherein the carriage is closer to the foot base than in the one position.
- 40 15. (Original) The exercise apparatus of claim 13 further comprising
a plurality of markings on at least one rail, such that each marking represents a
proper carriage position corresponding to spring bar adjustment bracket position.
- 45 16. (Original) The exercise apparatus of claim 13 further comprising

a means for a user to change the position of the spring gear bar in the spring bar adjustment bracket without disembarking from the carriage.

- 5 17. (Original) The exercise apparatus of claim 16 further comprising
a release mechanism such that the spring gear bar may be removed from a position
in the spring bar adjustment bracket when the release mechanism is engaged; and
a retention mechanism such that the spring gear bar may be held in a position in
the spring bar adjustment bracket when the release mechanism is disengaged.
- 10 18. (Original) The exercise apparatus of claim 17 wherein
the release mechanism is selected from the group consisting of at least one cable,
such that pulling on the cable engages the release mechanism, and releasing the
cable disengages the release mechanism; or at least one rigid bar, such that pulling
on the bar engages the release mechanism, and releasing the bar disengages the
15 release mechanism.
19. (Previously Presented) The exercise apparatus of claim 1 further comprising
a left base pole located near the head end of the left rail, such that the left base
pole supports the left rail front section;
20 a left rail front pivot means, such that the left rail front section may rotate with
respect to the left base pole;
a right base pole located near the head end of the right rail, such that the right base
pole supports the right rail front section; and
a right rail front pivot means, such that the right rail front section may rotate with
25 respect to the right base pole.
20. (Previously Presented) The exercise apparatus of claim 19 further comprising
a foot base, the foot base including at least one wheel such that the foot base may
roll toward the head as the left rail is folded along the left hinge and the right rail
30 is folded along the right hinge; and
a head base located near the head of the left rail and right rail, such that the left
base pole and the right base pole are supported in the head base, and such that the
head base remains stationary while the foot base is rolled into a folded position.
- 35 21. (Original) The exercise apparatus of claim 20 wherein
the head base has at least one wheel such that once the unit is folded into a
vertical folded position, the folded apparatus may be moved by rolling it on the
wheel.
- 40 22. (Original) The exercise apparatus of claim 21 wherein
the foot head base has at least two wheels; and
the head base has a rear inclined face such that the wheels may be rolled up the
inclined face as the unit is rolled into a vertical folded position.
- 45 23. (Original) An exercise apparatus comprising:

- a generally rectangular frame having
- a head end
 - a head end support including a head base with at least two wheels, a left base pole and a right base pole,
 - 5 a left riser mounted on the left base pole,
 - a right riser mounted on the right base pole,
 - a foot end,
 - a wheeled foot end support,
 - a left rail comprising
 - 10 a left rail front section,
 - a left rail front section pivot support integral to the left base pole,
 - a left rail rear section,
 - a left rail hinge connecting the left rail front section and the left rail rear section, such that the left rail front section may be folded with respect to
 - 15 the left rail rear section,
 - a right rail comprising
 - a right rail front section,
 - a right rail front section pivot support integral to the right base pole,
 - a right rail rear section,
 - 20 a right rail hinge connecting the right rail front section and the right rail rear section, such that the right rail front section may be folded with respect to the right rail rear section;
 - a movable carriage mounted on the frame, such that the carriage may be moved along the left rail and the right rail between the head end and the foot end, the carriage
 - 25 having a generally flat upper surface, a pair of spaced shoulder stops mounted to said upper surface and an adjustable head rest;
 - an height-adjustable and flexible left pulley mechanism attached to the left riser;
 - an height-adjustable and flexible right pulley mechanism attached to the right riser;
 - a plurality of interchangeable springs having a first end connected to a rod which
 - 30 may be positioned into one of several slots affixed to the underside of the carriage and a second end connected to the foot end of the frame;
 - a gear mechanism to assist in changing the position of the rod from one slot to another slot; and
 - an adjustable foot support assembly mounted to the frame near the foot end.
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24. (Original) The exercise apparatus of claim 23 further comprising
- a means for removably securing a Pilates long/short box over the head portion of the left rail and the right rail, thereby permitting Pilates chair exercises on the box.
- 40 25. (Original) The exercise apparatus of claim 23 further comprising
- a means for inverting the headrest so that a separate mat be placed over a portion of the left rail and the right rail, thereby permitting Pilates mat exercises on the mat and carriage.

26. (Original) The exercise apparatus of claim 23 further comprising
a means for removably attaching a left pole extension on the left base pole; and
a means for removably attaching a right pole extension on the right base pole,
such that a push through bar may be positioned between the left pole extension
and the right pole extension, thereby permitting Pilates pole exercises.

27. (Previously Presented) The exercise apparatus of claim 23 wherein
~~there are at least four slots, such that three slots correspond to Pilates one, two,
and three carriage positions, and a fourth slot corresponds to a negative one
position, wherein the carriage is closer to the foot base than in the one position.~~
a plurality of slots for carriage position adjustment.

28. (Currently Amended) An improved reformer, the improvement comprising:
a first rail comprising

a front rail section,

a rear rail section having a foot end, and

a hinge positioned between a connecting the front rail section and a to the
rear rail section, such that the first rail may be folded from an extended
position substantially parallel to a floor into an upright position where the
front rail section is substantially parallel to and the rear rail section are
substantially vertical and the foot end of the rear rail section remains in
proximity to the floor as the first rail is folded; and

a second rail comprising

a front rail section,

a rear rail section having a foot end, and

a hinge positioned between a connecting the front rail section and a to the
rear rail section, such that the second rail may be folded from an extended
position substantially parallel to the floor into an upright position where
the front rail section is substantially parallel to and the rear rail section are
substantially vertical and the foot end of the rear rail section remains in
proximity to the floor as the second rail is folded; and

a movable carriage, such that the carriage may be moved along the first rail and
the second rail.

29. (Currently Amended) The improved reformer of claim 28 further comprising
a spring gear bar for adjusting the position of the carriage;

a spring bar adjustment bracket; and

a disengagement member which permits a user to change the position of the
spring gear bar in the spring bar adjustment bracket ~~without disembarking from
the carriage.~~

30. (Original) The exercise apparatus of claim 29 further comprising
a release mechanism such that the spring gear bar may be removed from a position
in the spring bar adjustment bracket when the release mechanism is engaged; and

a retention mechanism such that the spring gear bar may be held in a position in the spring bar adjustment bracket when the release mechanism is disengaged.

- 5 31. (Currently Amended) The improved reformer of claim 28 further comprising a rotatable pulley assembly such that ropes or straps may be pulled through a pulley from various positions of the carriage, when the pulley is at various heights, without binding.
- 10 32. (Original) The improved reformer of claim 28 further comprising a pole assembly, the pole assembly comprising
a head base;
a right head base pole;
a left head base pole;
15 a right pole extension removably attached to the right head base pole;
a left pole extension removably attached to the left head base pole; and
a push through bar attached to the right pole extension and the left pole extension, such that Pilates pole exercises may be conducted on the reformer and pole assembly.
- 20 33. (Previously Presented) The improved reformer of claim 28 further comprising a Pilates long/short box ~~with partially open long wall surfaces~~, such that the box may be interchangeably positioned
lengthwise on the carriage, in order to perform a first set of reformer exercises;
25 crosswise on the carriage, in order to perform a second set of reformer exercises; and
lengthwise across the carriage side rails at the head of the frame, in order to perform chair exercises.
- 30 34. (Previously Presented) An interchangeable Pilates exercise system comprising a reformer comprising
a pair of carriage rails, and
a movable carriage including a foldable headrest and shoulder rest assembly, such that the assembly may be folded to a flat position;
35 a pole extension assembly removably attachable to the reformer, such that pole exercises may be performed on the pole extension; and
a modified long/short box, such that the box may be placed lengthwise or crosswise on the carriage ~~for~~ for reformer exercises, or placed on the carriage rails to perform chair exercises.
- 40 35. (Original) The exercise system of claim 34 further comprising
a removable mat which may be placed over the carriage rails and the folded down headrest and shoulder rest assembly to create a flat surface in conjunction with the carriage.
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36. (Previously Presented) A method for storing and transporting a reformer exercise apparatus having a first rail, a first rail head section, a first rail head section support, a first rail foot section, and a first rail foot section support, and a second rail, a second rail head section, a second rail head section support, a second rail foot section, and a second rail foot section support, the method comprising

folding the reformer frame from an extended lateral position to a vertical folded position by

lifting the frame near the hinged intersection of the first rail head section and the first rail foot section and near the hinged intersection of the second rail head section and the second rail foot section,

rolling the first rail foot ~~sections~~ section and the second rail foot section toward the head of the reformer,

pivoting the head section of the first rail on its head section support,

pivoting the head section of the second rail on its head section support,

continuing to roll the first rail foot ~~sections~~ section and the second rail foot section toward the head of the reformer until the reformer is in a folded vertical position;

securing the reformer into a folded vertical position;

tilting the folded reformer so that wheels on the right and left head section supports contact the floor;

rolling the folded reformer to a desired position; and

tilting the reformer back into a vertical position.

37. (Previously Presented) An exercise apparatus, for placement on a support surface, the exercise apparatus comprising:

a generally rectangular frame

having a head end,

a foot end having at least one foot base roller,

a hinged left rail and a hinged right rail, each rail comprising

a front section having a first end pivotally attached to the head end of the frame, and a second end connected to a hinge, and

a rear section having a first end connected to the hinge, and a second end attached to the foot end,

such that each rail may be folded at its hinge, and such that the second ends of the rear sections are supported by the foot base roller and remain in proximity to the support surface as the rails are folded;

a movable carriage mounted on the frame, such that the carriage may be moved along the left rail and right rail between the head and foot ends, the carriage having a generally flat upper surface, a pair of spaced shoulder pads mounted to said upper surface and a head rest;

a plurality of spring members having a first end connected to the underside of the carriage and a second end connected to the foot end of the frame; and
a foot support assembly mounted to the frame near the foot end.

38(Previously Presented) An exercise apparatus comprising:

a generally rectangular frame

having a head end,

a foot end,

a left rail having a head end and a foot end, and

a right rail having a head end and a foot end;

a movable carriage mounted on the frame, such that the carriage may be moved along the left rail and right rail between the head and foot ends, the carriage having a generally flat upper surface, a pair of spaced shoulder pads mounted to said upper surface and a head rest;

a plurality of spring members having a first end connected to the underside of the carriage and a second end connected to the foot end of the frame;

a foot support assembly mounted to the frame near the foot end;

a first pole section in proximity to the head end of the left rail, and a second pole section in proximity to the head end of the right rail, each pole section comprising a rotatable riser, such that the riser may be set at a first position oriented between the pole sections, and set at a second position, the second position being rotated away from the first position and away from the rails.

39. (Previously Presented) The exercise apparatus of claim 38 further comprising a first pole section in proximity to the head end of the left rail, and a second pole section in proximity to the head end of the right rail, each pole section comprising a rotatable riser, such that the riser may be set at a first position oriented between the pole sections, and set at a second position, the second position being rotated away from the first position and away from the rails, and a vertically adjustable pulley mechanism mounted on the riser, such that the pulley mechanism may be set at a desired height relative to the riser, and such that a user may perform a first set of exercises with the pulley mechanisms;

a removable first pole extension section, such that the first pole extension section may be secured to the first pole section, and

a removable second pole extension section, such that the second pole extension section may be secured to the second pole section, such that the user may perform additional exercises with the pole extension sections.

40. (Previously Presented) An exercise apparatus comprising:

a generally rectangular frame

having a head end,

a foot end,

a left rail having a head end and a foot end, and

a right rail having a head end and a foot end;

a movable carriage mounted on the frame, such that the carriage may be moved along the left rail and right rail between the head and foot ends, the carriage

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having a generally flat upper surface, a pair of spaced shoulder pads mounted to said upper surface and a head rest;

a foot support assembly mounted to the frame near the foot end;

5 a plurality of spring members having a first end connected to the underside of the carriage and a second end connected to the foot end of the frame; and

a spring adjustment mechanism, such that the first end of the spring members are connected to a spring gear bar which may be placed in various positions in a spring bar adjustment bracket attached to the carriage in order to adjust the distance of the carriage from the foot end, such that the various positions set the carriage at variable distances in relation to the foot bar, thereby enabling the accommodation of different body types.

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CERTIFICATE under 37 CFR 1.10 of Fascimile

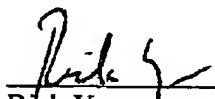
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Rick Yeager